



The Super Longevity Diet

Creating Your Own Customized Nutrition Plan





The Super Longevity Lifestyle

I've talked about the 10 Secrets of a Super Longevity Lifestyle (aka Lifestyles of the Young and Healthy).

Well, just one of those secrets is that those following a Super Longevity Lifestyle don't follow a specific "one size fits all" diet.

Because they know that they are unique- physically, mentally, emotionally and biochemically.

And because of the many conferences and webinars they've attended, many of them often have as much knowledge about nutrition as any expert who has written a diet book or touts a specific way of eating.

So much so that they could potentially write their OWN book!



Your Own Super Longevity Diet Book

- So today we're going to do just that!
- However rather than starting from scratch I'm going to give you a plan and an outline so all you have to do is fill it in to create the best diet for you right now- based on the most current cutting edge info
- And once you have an actual plan it will be easy to make changes to your diet as you continue to learn new info.
- So get a notebook or pad while I give you a quick overview of the plan ahead
- We are going to cover 10 steps which you can make into 10 "chapters" and once you have your "outline" you can fill in your favorite foods and supplements and create your "first edition" diet book.



Taking An Integrative Approach

- I studied the top 30+ diets (from ancient to popular current diets)
- I tried to extract the “best” info from each (based on current knowledge about our body, our microbiome, our brain, our mitochondria, etc)
- I analyzed each diet based on the following:
 - The key concepts behind each expert’s recommendations
 - The “why” behind those recommendations (the research and the data)
 - Do they provide optimal amounts of nutrients and micronutrients
 - Do they cover autophagy, intermittent fasting, switching between AMPK and mTOR pathways, eating for our microbiome and for our goals



Some of the Main Diets I Researched

- Vegetarian, Vegan, Keto, Paleo, Raw Food, Macrobiotic Diet, The Mediterranean Diet, South Beach Diet, Dr. Gundry's Plant Paradox Diet, Dave Asprey's Bulletproof Diet, The Zone Diet, James Clement's The Switch, Atkins and Scarsdale Diets, The Whole 30, Jenny Craig, Nutrisystem, The Autoimmune Protocol (AIP) Diet, Michael Rose's Immortality Plateau Diet, The Dash Diet, and many more...
- SO many diets! But today you are going to create The Strole Diet, The Bernadeane Diet, The Bardin Diet or The (insert your name) Diet!
- We are going to cover some key components step by step to create our "first edition" diet book and I call it that because we will each come out with a new "edition" as we continue to learn new information



Some Key Components of YOUR diet

- Caloric Intake: optimal calories for you
- Percentages: amount of macronutrients (protein, fats and carbs)
- Micronutrients: vitamins, minerals and other supplements
- Lifestyle: Omnivore, Carnivore, Vegetarian or Vegan
- Goals: weight loss or gain, slowing down your aging, etc
- Health Issues: any health issues to address
- Food sensitivities: that you know of- or suspect (a food sensitivity test is good for that)



Step 1. Calculate Your Optimal Caloric Intake

- Use an online calorie calculator to discover your optimal caloric intake based on gender, age, height, activity level and present weight (and whether you want to lose or maintain that weight)
- I used one at bodybuilding.com and it said I should be eating approximately 1100 calories if I want to maintain my weight
- I might use that as a base- eating more when I want to be in a growth phase or less to lose weight or in an autophagy phase



Step 2: Calculate Your Macronutrient Percentages

- Calculate your optimal macronutrient intake (protein, carbs and fats)
- I used a macronutrient calculator at bodybuilding.com 500 calories from carbs, 330 calories from protein and 270 calories from fats
- This equates to 45% carbs, 25% fat and 30% protein
- This looks a lot like the U.S. RDA guidelines. Check out the following chart:



Percentage of Macronutrients in Different Diets

- **U.S. RDA Guidelines** 45-65% carbs/20-35% fat/10-35% pro
- **Keto Diet** 10% carbs/ 70% fat/ 20% protein
- **Dr. Gundry Keto** 10% carbs/ 80% fat/ 10% protein
- **The Zone** 40% carbs/ 30% fat/ 30% protein
- **Vegan Diet** 70-80% carbs/10-15% fat/10-15% plant protein
- **Vegan Keto Diet** 10% carbs/ 70% fat/ 20% plant protein



Step 3: Your Protein Requirements

- Dr. Valter Longo and Dr. Gundry both say: Keep protein intake low (about 0.35 gr per kg of body weight) and a little more if you're weight training or over 65.
- That would equate to only about 25 gr of protein for a 150 lb individual (30-35 grams if you're weight training or older).
- But the National Academy of Sciences (they put out the RDAs) recommends 0.8 grams per kg. This would be 54 gr of protein for a 150 lb person. That is more than double!
- Every expert has their own opinion. So optimal protein amounts are STILL not agreed on. And they vary greatly!
- You have to make you own choice based on your age, activity level and go with your gut and how you feel on this one. I've been trying to stay somewhere between the extremes.....



Step 4: Time Restricted Eating

This may be the MOST important component of your diet

Daily- Intermittent fasting for 16 to 18 hours

Choose your “window” (i.e. 7:00-2:00, 12:00-6:00, 2:00-8:00)

Weekly- fasting for one day each week (creates a 36 hr fast)

Monthly- fasting for 2 to 5 days per month

If you have a problem doing this, you are not metabolically flexible. Our bodies should be able to go through cycles of feast and famine. This is one cause of insulin resistance, Type II Diabetes and other metabolic diseases.



Step 5: Autophagy and Growth

- We need to each decide when we want to be in autophagy and when we are in growth periods.....
- So you actually need to eat a little differently depending on which period you're in (almost like having two different diets)
- Unless your 10 years old and still growing, the autophagy period should be at least 2 to 1 to growth period so that could be:
- 3 weeks activating AMPK pathway (which activates autophagy) and 1 week activating mTOR pathway (which stimulates growth)
- 2 months activating AMPK and 1 month activating mTOR
- 8 months inducing autophagy to 4 months inducing growth



Step 6: Activating mTOR and AMPK Pathways

- Create two different diets (or at least two different lists of foods that you'll eat depending on which pathway you want to activate)

As a quick reminder:

- Autophagy is the body's way of removing cellular debris and cleaning out damaged cells in order to regenerate new healthy cells.
- AMPK is an enzyme that regulates cellular metabolism and activating the AMPK pathway helps to induce autophagy.
- Conversely, autophagy is inhibited by the mammalian target of rapamycin (mTOR), one of the most vital pathways for cellular growth.



Protein Choices During mTOR Periods

- Alaskan fish (salmon, halibut, cod)
- Sardines
- Chicken (free range/pastured/organic)
- Steak or Burgers: Grass fed beef, ostrich burger, bison burger
- Turkey (pastured/free range)
- Eggs (pastured)
- Shrimp, lobster, scallops
- Goat cheese (or cow cheese from France or Italy)
- Whey protein powder



Fats During mTOR Periods

- Fish Oil, krill oil
- Avocado
- Macadamia nuts
- Olive oil
- MCT oil
- Butter
- Coconut oil



The AMPK Pathway & Autophagy

- Foods higher in leucine and methionine (2 amino acids that really activate the mTOR pathway and essentially halts autophagy)
- Most animal proteins are high in these amino acids- great for you growth period diet but you want to stay away from foods highest in them during autophagy periods.
- You can find lists of the foods highest- and lowest- in leucine and methionine on the web



AMPK Pathway Diet

- A Vegan diet or Vegan Keto diet may be the easiest way to inhibit mTOR and stay in autophagy as much as possible

Things that activate the AMPK pathway:

1. Water-soluble fiber which is plentiful in many vegetables
2. Metformin and Rapamycin (prescription meds)
3. Berberine (a plant alkaloid) and Hesperidin (a bioflavanoid)
3. Fasting (intermittent fasting or actual fasting)
4. Calorie restriction



Protein Choices During Autophagy Periods

- Beans (pressure cooked or Eden Brand)
- Plant based protein powder
- Tempeh (fermented and better than tofu)
- Garbanzo beans (chick peas)
- Nutritional yeast: 14 gr protein per oz
- Spirulina: Two tablespoons provide 8 grams
- Hempseed/hemp hearts: 10 grams per oz
- Mushrooms
- Note: take B12 during your “Vegan” periods



Fats During Autophagy Periods

- Consuming animal fats and even fats like coconut oil and olive oil requires the gut and liver to be recruited for processing, which is a signal to your cells to slow autophagy.
- MCT oil is different because it is generally converted to ketones directly in muscle and brain cells rather than in the liver.
- This means autophagy is less disrupted when we use MCT oil (best MCT oil is higher in C8 vs C10)



Step 7: Getting Enough Omega 3

- Most people eat a diet too low in omega-3s and too high in omega-6s which can increase inflammation and your risk of disease
- Getting enough omega 3 is especially challenging when trying not to activate mTOR, for Vegans and even those who simply dislike fish
- Thus, if you don't supplement with fish oil you must eat as many non-animal sources as possible- ground flaxseeds, flaxseed oil, walnuts, spinach.



Step 8: What to Leave In, What to Leave Out

- Gluten free, lectin free, food sensitivities or other things you don't want to eat (because you don't like them or know you have an adverse reaction)
- For example, I took a food sensitivity test from [Everlywell.com](https://www.everlywell.com) and now I have a list of my superfoods and my kryptonite foods which made it easier to create the best diet for me.
- Besides a list of your own specific best and worst foods you may agree with conclusions by some experts- like Dr. Gundry's reasoning behind a lectin avoidance diet or Dr. Rose's reasoning behind sticking with a Paleo diet



Intestinal Permeability (Leaky Gut)

- Dr. Gundry is a big advocate of avoiding lectins as much as possible saying that can help prevent Leaky Gut
- MANY foods contain lectins so we can't completely eliminate them from our diets but we can at least cut out foods highest in them
- All grains; beans (unless pressure cooked); vegetables with seeds such as pumpkins, squashes, zucchini; nightshade veggies like potatoes, tomatoes, eggplants, peppers, goji berries; A1 dairy, peanuts and cashews



Paleo Diet (The Immortality Plateau)

- We should eat the way our *distant* ancestors ate (especially after age 40 as Dr. Michael Rose, an evolutionary biologist has explained)
- Bone marrow and organ meats are good for us
- No grains (wheat, corn, rice, oats, etc)
- No dairy
- No legumes and seed (or their oils)
- No foods that were not part of YOUR ancestors diets (no pineapples unless your ancestors lived in tropical areas)



Many Different Approaches

- Dr. Longo advocates a fasting-mimicking diet where you eat a regular diet 25 days a month but then for 5 days straight you do a modified vegan fast where you eat somewhere between 600 and 800 calories- strictly vegan. He has shown that is the equivalent as if you were on calorie restriction for the entire month (in terms of activating stem cells and lowering mTOR stimulation)
- In “The Switch” James Clement advocates what we talked about earlier- a vegan or plant based diet to activate the AMPK pathway and stay in autophagy as much as possible, then adding in animal foods or other ways to activate the mTOR pathway (in a 2 to 1 ratio)
- In The Carnivore Diet the author has some really convincing reasons for avoiding plants completely. You have to decide which dietary theories you agree with and what feels right for YOU



Replacements for Foods You may be Avoiding:

- Rice....Cauliflower rice
- Pasta....Konjac noodles
- Tortillas....Siete brand made with cassava and coconut flour
- Tortilla chips.....made with cassava
- Taco shells.... made of cassava and pumpkin flour
- Wraps....coconut wraps
- Potatoes....Sweet potatoes, yams
- Mashed potatoes....mashed cauliflower, mashed parsnips
- Muffins and corn bread....Goodees brand made with almond flour



Step 9: Eating for ALL Your Body's Inhabitants

- Next we have to remember that it's not just what you eat but what your gut bacteria eat. The saying should be "*you are what THEY eat*"
- We need to make sure we are creating the most diverse healthy microbiome we can. One important way is getting enough fiber:
- A high fiber diet directly makes butyrate which inhibits the inflammatory process of all autoimmune diseases and intestinal destruction so a high fiber diet is very important. Butyrate also helps prevent and heal intestinal wall permeability (leaky gut)
- Eating resistant starches and other prebiotic foods are a great way to feed your good gut bacteria and they will then create butyrate



How to Create a More Diverse Microbiome

- Prebiotics- get a few different fiber products like inulin, FOS and pectin and take a different one each day (different ones may feed different bacteria and help populate your gut with a much more diverse microbiome)
- Switch up your resistant starches: Yams, parsnips, turnips, rutabagas, carrots, yuca, kohlrabi, celery root (or celeriac), daikon, jicama, Jerusalem artichokes, chicory root, radishes, asparagus
- Get 20 different veggies (especially ones you don't like or never eat) and put them all in a blender and then drink a few ounces every day
- Probiotics with lots of strains and spore based probiotics (which seem to get through the stomach more intact)



Step 10: Your Optimal Supplements

- There are so many hundreds of supplements- micronutrients, vitamins, minerals, amino acids, herbs, etc that you can't take them all
- Life Extension Mix has about 50 different supplements and that's not even including many more that you may want to include.
- We could spend hours just discussing all these supplements so I'd suggest a visit to LEF.org or doing a little online research.
- Some supplements work synergistically with others while some actually compete with each other so you may want to look up micronutrient synergy and micronutrient competition.



Putting It All Together....

- We just covered 10 steps which you can make into 10 “chapters” and once you have your “outline” you can fill in your favorite foods and supplements and create your “first edition” diet book.
- Now, instead of just taking more notes at RAADFests, seminars and webinars you’ll have a cohesive plan that you can make additions, deletions and other changes to as you learn new information.
- Your Super Longevity Diet should always be a work in progress just like the rest of your life.
- I hope this plan is helpful for your continued health and Super Longevity!